



He used a pebble
in his day, to keep
his mouth moist—

WE use
WRIGLEY'S



WRIGLEY'S gives us a wholesome, antiseptic, refreshing confection to take the place of the cave man's pebble.

We help teeth, breath, appetite, digestion and deliciously soothe mouth and throat with this welcome sweetmeat.

The Wrigley Spearmen want to send you their Book of Gum-ption. Send a postal for it today. Wm. Wrigley Jr. Co., 1327 Kesner Building, Chicago.

The Flavor Lasts!



WRAPPED IN
UNITED
FRUIT COMPANY
COUPONS

MY NAME'S BROWN
AND I'M IN TOWN!
GET ME!



SAW NO USE IN GETTING UP

Correspondent in City Visited by Zeppelins Simply Stayed in Bed and Touched Wood.

I was billeted at the time of the first Zeppelin raid in a little, smelly house of three floors and six apartments. The house was packed with the original tenants, Jew and Greek, together with such lodgers as myself. In our flat of four rooms and a kitchen were the landlord and his lady, four sons and two daughters. The sons slept on the sitting-room floor, and if you came home in the dark you were likely to tread on them. Two French officers shared the best bedrooms, while I slept alone in the second best. "Bang-bang-bang" went the bombs from the Zeppelin; the French officers cried "En bas!" and the boys banged at my door yelling "Embros!" which is Greek for "Forwards!" As it didn't seem to matter much where one went, the whole thing, falling dugouts, being purely a question of luck, I stayed in bed and touched wood. The crashes of the big bombs were terrifying. The house shook with each explosion; but as all things good or bad—must come to an end, so too, after a while, ended this business. A wonderful orange-colored blaze lit up the world outside, and so I got out of bed and watched it, deciding at last to dress and see things at close quarters.—Albert Kinross, in the Atlantic.

Youth the Loser.

J. P. Morgan, the famous financier, was talking at a dinner in New York about a young banker who had failed. "It was his youth that made him fail," he said. "Youth is always falling—falling in business, falling in love." "Remy de Gourmont tells us truly that in the game of life youth has all the trumps—all of them—but plays recklessly, and invariably loses."

Ninety-three per cent of the floor of the ocean is devoid of vegetation.

DO IT NOW, GOOD WATCHWORD

Habit of Procrastination Has Never Yet Failed to Bring Train of Evils in Its Wake.

"Sometime" is a useful word that is often overworked, remarks the Milwaukee Journal. One says, "Sometime I will do it," but the time never comes. Sometime is no time when a kind deed is to be done. Sometime is no time when a definite task is to be done. A thing put off beyond its rightful time encroaches on time allotted by right to other duties. One may think he is gaining time by postponing the duty of the hour. In fact, he is wasting time. "Tomorrow" and ever "tomorrow" has been the ruin of many. Do now the thing that should be done now. Have you had a quarrel, and are you ready for reconciliation? Do not postpone it. The other person may get hardened in his views and become unwilling to be reconciled. He may die and leave to you a lasting regret that you had not made friends. Would you help someone? Do not wait till help is past being help. Put off till "tomorrow" mending the fence, and your neighbor's cattle will have found the weak place and made havoc with your grain. Put off paying your insurance, and perhaps a fire will destroy all you have. Debts do not grow less by postponing payment. "Do it now" is a good watchword. Say the kind word, do the kind deed, perform the duty of the hour.

The aPrtrial Teacher.

"Have you got a nice teacher?" asked Uncle Ed. "No," said Belle. "She ain't nice." "Why, Belle!" said her mother, "I'm ashamed of you; your teacher is nice." "She's mean 't me," declared Belle running her words together. "She let George Brown dust her desk and 'twas my turn."

The Chinese government is about to open its first aviation school.

THE KITCHEN CABINET

Don't flatter yourself that friendship authorizes you to say disagreeable things to your intimates. The nearer you come into relation with a person, the more necessary do tact and courtesy become.

Except in cases of necessity, which are rare, leave your friend to learn unpleasant things from his enemies; they are ready enough to tell them.—Holmes.

NEW WAYS WITH OLD FRIENDS.

For those who cannot enjoy pastry make the pumpkin pie without a crust, that is use the usual proportions of rich milk, pumpkin, eggs, sugar and seasonings and fill custard cups with the mixture, putting a small frill of pastry around the edge of the cup; bake as usual and serve sprinkled with grated cheese. For the fill the following may be used: One cupful of well cooked and sifted pumpkin, two cupfuls of milk, two-thirds of a cupful of brown sugar, two beaten eggs, a teaspoonful of ginger, a half teaspoonful of cinnamon, a half teaspoonful of salt and a few drops of lemon extract.

Apple Cups.—Scoop out medium-sized apples, leaving a good covering at the blossom end. Cook in a sirup made with equal parts of sugar and water until they may be pierced, but not in danger of breaking. Remove to the serving dish and fill the centers with chopped raisins, dates and figs. Pour a little of the sirup over them and garnish with whipped cream. Serve with apple leaves for a garnish to each plate.

Cranberry Pie.—Chop one cupful each of cranberries and raisins with half a cupful each of nuts and figs. Add one cupful of sugar, one tablespoonful of flour, one-fourth of a teaspoonful of salt, and a fourth of a cupful of water. Fill the crust, sprinkle with nuts and cover with the top crust or lattice strips.

Fruit Rolls.—Make a rich pie crust and cut it in squares, as many as there are to serve. On each square heap a tablespoonful or two of chopped apple with a few raisins, and a little spice, pinch the corners together to prevent the ingredients from falling out. Place in a deep baking pan and add a cupful of boiling water, a cupful of brown sugar and two tablespoonfuls of butter. Bake one hour in a moderate oven. The sauce, if enough, is served with the pudding.

Pineapple Salad.—Place a slice of pineapple on a leaf of lettuce or on a nest of water cress. On it arrange alternate sections of orange and grapefruit. Between each piece place an eighth of a section of ripe olive. In the center of the pineapple place a small ball of cream cheese which has been seasoned and moistened with mayonnaise. Sprinkle with paprika and pour over a French dressing. The juice of the pineapple may be used as a substitute for some of the vinegar.

Some have much and some have more, some are rich and some are poor, some have little, some have less, some have not a cent to bless, some have empty pockets, yet possess true riches in true happiness.—John Oxenham.

DAINTY DISHES.

When cooking small cakes of sausages, place a large oyster in each; the oyster will add to the sausage and the flavor of the oyster. Fry the sausage as usual.

Popcorn Margarites.—Make a sirup by using one cupful of sugar, one tablespoonful of vinegar and cook until it threads; pour it over the whites of two beaten eggs. Beat until thick, then stir in three cupfuls of freshly popped corn. Spread wafers thickly with the mixture and bake until brown in the oven.

Rich Little Tea Cakes.—Cream three-quarters of a cupful of butter, add one cupful of granulated sugar and the grated rind of a lemon. Then add five well-beaten eggs, alternately with two cupfuls of flour, mixed and sifted with a teaspoonful of baking powder and a quarter of a teaspoonful of salt. Beat well and after the flour is all in add a teaspoonful of vanilla. Turn into small patty tins well greased with washed butter. Bake 15 minutes in a moderate oven.

Shaker Cookies.—Cream one cupful of shortening and one cupful of sugar, add two well-beaten eggs, beat well; add seven-eighths of a cup of milk and two cupfuls of flour, and salt as needed. If the shortening is butter, a little is all that is necessary. Add three-fourths of a teaspoonful of soda dissolved in a little water, one cupful of raisins and two cupfuls of rolled oats which have been browned in the oven, or at least thoroughly heated. Drop by spoonfuls on a buttered sheet. These cookies have a rich nutty flavor owing to the browned oatmeal. Oatmeal cookies are not usually baked long enough to sufficiently cook the oatmeal. This method overcomes that difficulty.

Creamed Celery and Almonds.—Cook two cupfuls of celery, cut in inch

pieces, in boiling, salted water until tender. Drain and add two cupfuls of cream sauce, using a half cupful of the liquor in which the celery was cooked, and cream. When the sauce is cooked stir in a half cupful of blanched, chopped almonds; season well and serve.

TURKEY AND GOOSE.

This is the season when the goose and turkey are abroad in the land, and with ordinary care in preparing and in cooking these birds, it is hard to spoil them. The problem of the leftovers is a large one in small families, especially when serving a good-sized turkey.

Curried Turkey.—Cut the remains of cooked turkey into neatly-trimmed shreds, free from bone. To a pound and a half of the meat, melt two tablespoonfuls of butter in a saucepan; add a tablespoonful of chopped onion and cook until a golden brown. Add one tablespoonful of curry powder, three teaspoonfuls of flour, one chopped apple, one teaspoonful of chopped coconut and salt to taste; mix well and moisten with a cupful of stock, stir until boiling hot. Put the lid on the pan and simmer for ten minutes. Then add the turkey meat, one-half cupful of milk; simmer 15 minutes and add just before serving, one teaspoonful of lemonjuice. Serve with boiled rice.

Turkey Cutlets With Sauce.—Chop the breast of a cooked turkey. Put two slices of bread in a basin, cover with milk, and let it soak for 20 minutes, then drain dry. Put the chopped turkey into the basin, add four tablespoonfuls of chopped, cooked ham, the bread, salt, pepper and paprika to taste, and mix well together. Divide the mixture into equal parts; mold them in the shape of cutlets on a floured board, brush them with beaten egg and toss in smoking-hot fat. Drain them on white paper and arrange in a hot dish, garnish with parsley and serve with Hungarian sauce.

Carrots cooked and mashed and used as one does pumpkin or squash in pie will be most appetizing.

A great man or woman is he or she who works cheerfully and merrily, rests cheerfully and merrily and does not slumber in the tents of "the good old times."

DESSERT FAVORITES.

When the heavy meal is served at noon the supper is usually a slight one and yet one feels the need of some hot dish, not too complicated to prepare. The following dish will be found most satisfying.

Rice With Tomato and Cheese.—Pick over and wash half a cupful of rice. Place with three cupfuls of water boiling hot and cook five minutes. Add a cupful of tomato puree, one-half teaspoonful of salt, one teaspoonful each of chopped onion and green pepper, cooked until soft in two tablespoonfuls of butter. Cook all together in a double boiler without stirring until the rice is soft, then add half a cupful of grated cheese. Stir with a fork and serve as soon as the cheese is melted.

Stuffed Apples.—Add a bay leaf, one teaspoonful of minced onion, a half teaspoonful of salt and a little cayenne pepper to two and a half cupfuls of stock; simmer for 20 minutes and strain. Core and pare, tea tart apples. Place in the bottom of an agate pan; pour the strained stock over them and simmer until they are soft but not broken; carefully remove them from the stock and set aside to cool. Blanch two cupfuls of chestnut meats, slice, cover with the stock; add four teaspoonfuls of currant jelly and simmer until tender. If the meats are too moist, drain. Fill the center of the apples with the chestnut mixture and serve with roast pork.

Steamed Date Pudding.—Cream half a cupful of butter, add one cupful of molasses, one cupful of milk, one pound of stoned and chopped dates, mixed with two cupfuls of stale bread crumbs, one teaspoonful of soda, a half teaspoonful each of clove, salt, cinnamon and nutmeg, mixed and sifted with one cupful of entire wheat flour. Turn into a buttered mold and steam three hours. Serve with creamy sauce.

Creamy Sauce.—To the beaten whites of two eggs add one cupful of powdered sugar gradually and one cupful of whipped cream. Add a teaspoonful of vinegar and half a teaspoonful of vanilla. Use as soon as prepared.

Neeli Maxwell

Let These Tablets Help You

When you feel yourself taking cold, Peruna Tablets are likely to check and overcome the attack.

When your appetite is fitful, your food does not taste good, Peruna Tablets will invigorate and regulate. When you are weak after illness, Peruna Tablets are noted for their beneficial Tonic Effect. When catarrh distresses you, Peruna Tablets will help your system to rid itself of this disease.

Mananin Tablets are a delightful laxative. Strong cathartics weaken, and are followed by reaction. Mananin is mild, gently urging the liver to action, and will be found as safe as they are pleasant. By their use as directed, the habit of constipation is usually overcome. For children and invalids the treatment is safe and satisfactory. Any drug store can supply you. Get a box today.

THE PERUNA COMPANY Columbus, Ohio

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"

\$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 FOR MEN AND WOMEN

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas names and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wear protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centers of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

W. L. Douglas President W. L. Douglas Shoe Co., Brockton, Mass.

Boys' Shoes Best in the World \$3.00 \$2.50 & \$2.00

No Bungalow for Him.

Retiring from active business after years of shoving schooners over the bar, the wealthy Mr. Biers considered house plans.

"Here," said the architect, "is a handsome bungalow that would be just the thing for you."

"Bungalow?"

"Yes."

"Nothing by that name, if you please," said Mr. Biers.—Newark News.

Just as Good.

A small boy was leading an unusually fine-looking dog, when a sportily dressed man stopped to admire it.

"Has that dog of yours got a pedigree?" he asked.

"I don't know," replied the boy, "but he's got over a bushel of bones buried in our back yard."

Quite Wet.

"That was a fine dry parade yesterday, wasn't it?"

"Well, not when it finished."

Kidney Disorder IOWA FOLKS SHOULD TAKE THIS ADVICE

(BY DR. V. M. PIERCE.)

The most simple methods are usually the most effective ones when treating any disorder of the human system. The mere drinking a cup of hot water each morning, plenty of pure water all day, and a little Anuric before every meal has been found the most effective means of overcoming kidney trouble. Death would occur if the kidneys did not work day and night in separating poisons and uric acid from the blood.

The danger signals are backache, depression, pains, heaviness, drowsiness, irritability, headaches, chilliness, rheumatic twinges, swollen joints or gout.

Since it is such a simple matter to step into your favorite drug store and obtain Anuric, anyone who earnestly desires to regain health and new life will waste no time in beginning this treatment.

Avoca, Iowa.—"I wish to tell that I suffered from backache and kidney trouble for years. I heard of Doctor Pierce's Anuric Tablets and I tried them. They cured my backache; they do all that is required of them. I hope people that are troubled with backache will give them a good trial. I am sure they will not fail to benefit."

—MRS. GEO. DEMING.

Dr. Pierce's reputation is back of this new medicine and you know that his Pleasant Pellets for the liver and his Favorite Prescription for the kidneys of women have had a splendid reputation for the past 50 years.

Send Dr. V. M. Pierce, Buffalo, N. Y., 10 cents for trial package tablets.—Adv.

Economy.

"Have you given up dancing?"

"Yes. High cost of leather. Can't afford to wear my shoes out."

Rub the windowpanes well with old newspapers—it will let in the sunshine.

In Style.

"Was her dinner formal?"

"Formal? Why, even the salads weren't half dressed."

For renovating a lawn at any season a new sod roller has spikes that punch holes in the soil.

Doctor Says Nuxated Iron Will Increase Strength of Delicate People 200% in Ten Days

In Many Instances—Persons Have Suffered Untold Agony for Years Doctoring for Nervous Weakness, Stomach, Liver or Kidney Disease or Some Other Ailment When Their Real Trouble Was Lack of Iron in the Blood—How to Tell.

NEW YORK, N. Y.—In a recent discourse Dr. E. Sauer, Specialist, of this city said: "If you were to make an actual blood test on all people who are ill you would probably be greatly astonished at the exceedingly large number who lack iron and who are ill for no other reason than the lack of iron. The moment iron is supplied all their multitude of dangerous symptoms disappear. Without iron the blood at once loses the power to change food into living tissue and therefore nothing you eat does you any good; you don't get the strength out of it. Your food merely passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind. As a result of this continuous blood and nerve starvation, people become generally weakened, nervous and all run down and frequently develop all sorts of conditions. One is too thin; another is burdened with unhealthy fat; some are so weak they can hardly walk; some think they have dyspepsia, kidney or liver trouble; some can't sleep at night, others are sleepy and tired all day; some fussy and irritable; some skinny and bloodless, but all lack physical power and endurance. In such cases, it is worse than foolishness to take stimulating medicines or narcotic drugs, which only whip up your fading vital powers for the moment, maybe at the expense of your life later on. No matter what anyone tells you, if you are not strong and well you owe it to yourself to

make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the time double, and even triple their strength and endurance and entirely get rid of their symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form, and this, after they had in some cases been doctoring for months without obtaining any benefit. You can talk as you please about all the wonders wrought by new remedies, but when you come down to hard facts there is nothing like good old iron to put color in your cheeks and good sound, healthy flesh on your bones. It is also a great nerve and stomach strengthener and the best blood builder in the world. The only trouble was that the old forms of inorganic iron like tincture of iron, iron acetate, etc., often ruined people's teeth, upset their stomachs and were not assimilated and for these reasons they frequently did more harm than good. But with the discovery of the newer forms of organic iron all this has been overcome. Nuxated Iron, for example, is pleasant to take, does not injure the teeth and is almost immediately beneficial.

NOTE—The manufacturers of Nuxated Iron have such unbounded confidence in its potency that they authorize the announcement that they will forfeit \$100.00 to any Charitable Institution if they cannot take any man or woman under sixty who lacks iron and increase their strength 200 per cent or over in four weeks' time, provided they have no serious organic trouble. Also they will refund your money in any case in which Nuxated Iron does not at least double your strength in ten days' time. It is dispensed by most druggists. If your druggist or general store is without a supply, ask them to get it for you.—Adv.

The Flavor Lasts—

In the making of Grape-Nuts there is added to the sweet, rich nutriment of whole wheat, the rare flavor of malted barley, a combination creating a most unusually delicious taste. The palate never tires of it.

People everywhere have found that

Grape-Nuts

is the most nutritious and delicious cereal food known.

Every table should have its daily ration of Grape-Nuts.

"There's a Reason"